

# BREAKTHROUGH INSTITUTE

*Real Faith for Real Life*

Christian Basics 102

## How To Pray - part one

**Introduction:** In this second of six lessons on the basics of the Christian faith, you will learn the basics of how to pray. Prayer is one of the benefits we have as a Christian. It is important for us to know how to pray so our prayers are effective. Part one will cover the importance of prayer, define what prayer is, and provide insight on some of the decorum of prayer.

### I. Why prayer is important -

#### A. Jesus -

1. Tells us to pray. - **Matthew 26:41**
2. Models Prayer. - Mark 1:35, Matthew 14:23, Luke 6:12
3. Teaches on Prayer - Luke 11:2-4

#### B. Apostle Paul instructs us -

1. Don't be anxious but pray about everything - **Philippians 4:6**
2. To pray all the time with all kinds of prayer - **Ephesians 6:18**

### II. Prayer defined:

- A. it is a conversation with God.
- B. it is communicating with God
- C. it is having a relationship with God
- D. it is a dialogue - we speak to God and He speaks to us.
  1. An important part of prayer is - our listening to God
  2. We should be listening more than we talk.

Page -1-

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Part One Continued

III. Decorum for prayer -

A. Posture for prayer - kneeling is not the only position you can pray in.

You can pray from any posture and in any place -

1. Sitting
2. Standing
3. Walking
4. In a crowd
5. By yourself
6. Or in any place or position.

B. When to pray.

1. Anytime is a good time to prayer.
2. We are to be praying without ceasing.
3. However, it is good to develop regular times for prayer

IV. Questions to consider

- A. Are you praying? (talking with God)
- B. When do you pray?
- C. Where do you pray?

**Congratulations!** You completed part one of How to Pray. Now go to the website and take the exam and then take part two of How to Pray.

Also, if you are new to the faith I have written a book I want you to have free, It is titled "What Is Next". Go to our website [www.breakthroughforyou.com](http://www.breakthroughforyou.com) and download it at no cost.